

ABOUT US

STRONG LIFE is a newly established training facility for student athletes, ages seven to sixteen, and their parents located at 1767 South Patrick Drive, Suite C, in Indian Harbour Beach, Florida. The gym is open daily after school and on Saturdays, and ALL lifters receive individualized coaching and training routines as part of their team membership.



Ashley (left) and Strong Life Team Captain Natalie (right) at Strong Life Training Facility

The gym is owned and operated by Dr. Spero Tshontikidis, President of Strong Life 610, Inc. and founder of the R.A.W. United Powerlifting Federation. Spero is a certified personal trainer, competitive lifter, and has been coaching student athletes and hosting competitive powerlifting meets since 1985. He also serves as a Guidance Counselor with Brevard Public Schools.